Heudebert

# The Diet of the Diabetic

Diet constitutes the basis of the treatment in diabetes. The objects of the diet are two-fold: Firstly, to give the patient the maximum amount of Carbohydrates which he can assimilate, and secondly to ensure a proper degree of maintenance.

The following recommendations can serve as a basis for the establishment of such a dietary.

**LIQUIDS.**—The patient can, without excess, drink as much as he needs. He thus flushes his system, and assists in the better elimination of the sugar from the tissues.

Ordinary cold water, or Spa Waters (of Bath, Harrogate, Droitwich, Buxton, etc., in England; Vals, Pougues, St. Galmier, Vittel in France), are excellent.

All light unsweetened infusions, either hot or cold, are permitted. Unsweetened orange or lemon squashes are strongly recommended because these favour alkalinity.

Dry wines (Burgundy, claret, etc.), are permitted, but beer, cider, and sweet wines are forbidden. Among Spirits one can allow whisky, brandy, rum, but sweet liqueurs are absolutely forbidden.

**MEATS.**—Butcher's meat, Pork, Chicken can enter into the diet of the diebetic, always avoiding excess, and when taken in the exact quantities prescribed by the Doctor.

The same applies in the case of fish.

**EGGS.**—Eggs, rich in albumin and fat, are the true type of food for diabetic sufferers.

**MILK AND ITS DERIVATIVES.**—Milk, too rich in sugar (lactose) should be avoided, preference being given to fresh cream and butter.

**CHEESE.**—Cheese, which is rich in albumin and fat, and poor as to carbohydrates, constitutes an excellent food. Certain strong cheeses, such as Roquefort, Chester, Munster, etc., should, however, be avoided.

**FLOURS.**—Most flours, very rich in carbohydrates, must be avoided. Cereals (74% or 22 grammes of carbohydrates per ounce) and products derived from them (Pastes, e.g., Macaroni, etc., Semolinas and Flakes) are harmful. Vegetable flours (60% or 18 grammes of carbohydrates per ounce) are permissible in very small amounts.

Potatoes (20% or 6 grammes of carbohydrates per ounce) generally well tolerated, are of particular value.

**BREADS AND CAKES.**—Ordinary bread, rich in starch, is forbidden; it can be replaced by **Heudebert** Special breads (see list on this page); ordinary toast, biscuits and cakes are definitely forbidden.

**Heudebert** Biscottes and Gressinettes are invaluable to the patient on insulin treatment.

To facilitate the selection of the appropriate Heudebert bread for your diet, we give below the detailed analyses expressed in grammes per piece:—

| Special Preparations | Characteristics of Analysis or Chief Indications | | | | Special Remarks |
|---|---|---|---|---|---|
| | Weight per piece | Content per piece in grammes | | | |
| | | Carbo-Hydrates | Proteins | Fats | |
| **Starch Reduced Slices** | $\frac{1}{10}$ Oz. | 1·05 | 1·50 | 0·02 | Ordinary diet of the diabetic |
| **Gluten Biscottes** | $\frac{1}{3}$ Oz. | 5·06 | 1·90 | 0·47 | Diet of diabetic during quiescent period |
| **Gluten Longuets** | 1 Oz. | 18·00 | 6·00 | 2·04 | |
| **Biscottes** | $\frac{1}{3}$ Oz. | 7·16 | 1·25 | 0·46 | For use of diabetics taking Insulin |
| **Gressins** | $\frac{1}{3}$ Oz. | 7·05 | 1·25 | 0·61 | |
| **Gressinettes** | $\frac{1}{6}$ Oz. | 3·52 | 0·62 | 0·30 | |
| **Longuets** | 1 Oz. | 20·90 | 3·67 | 2·35 | |
| **Wholemeal Rusks** | $\frac{1}{3}$ Oz. | 6·75 | 1·25 | 0·65 | |

**GREEN VEGETABLES AND SALADS.**—These foods are of the greatest use to diabetics because they produce alkaline mineral salts and contain generally little starch (5% to 10%). Their carbohydrate content can even be reduced by successive boilings.

**FRUITS.**—Sweet fruits should be avoided (bananas, figs, grapes); others (apples, pears, peaches, apricots, cherries, oranges, tangerines, gooseberries, raspberries) may be permitted in small quantities, particularly if they are cooked to free their sugars in successive changes of water; almonds and nuts generally are allowed in greater quantity. Jams are forbidden, except when free from added sugar.

**CONDIMENTS.**—Sugar is rigorously forbidden; saccharine, in moderation is allowed. Acid condiments (vinegar, mustard), should be replaced by the juice of a lemon. Salt should be limited. Sweetened chocolate must be strictly limited.

# GENERAL REMARKS

The list below giving the analyses of some of the foods now generally available to the Diabetic may be found useful as a guide for the establishment of a diet prepared in accordance with the directions of the medical adviser.

| ARTICLE | PERCENTAGE CONTENT | | |
|---|---|---|---|
| | PROTEINS | FATS | CARBO-HYDRATES |
| MEAT | | | |
| Roast Beef | 22·3 | 28·6 | — |
| Lamb (Chops) | 21·7 | 29·9 | — |
| Mutton (Roast Leg) | 25·0 | 22·6 | — |
| Ham (Medium Fat) | 15·3 | 28·9 | — |
| Bacon | 10·5 | 64·8 | — |
| POULTRY | | | |
| Chicken | 21·5 | 2·5 | — |
| Goose | 16·3 | 36·2 | — |
| Turkey | 21·1 | 22·9 | — |
| FISH | | | |
| Cod | 16·7 | 0·3 | — |
| Halibut | 18·6 | 5·2 | — |
| Herring | 19·5 | 7·1 | — |
| Salmon | 22·0 | 12·8 | — |
| Haddock (Smoked) | 23·3 | 0·2 | — |
| Sardines (Tinned) | 22·8 | 2·7 | — |
| Lobster | 16·4 | 1·8 | 0·4 |
| Crab | 16·6 | 2·0 | 1·2 |
| EGG (Hen) | 13·4 | 10·5 | — |
| MILK | 3·3 | 4·0 | 4·8 |
| BUTTER | 1·5 | 84·6 | — |
| BREAD | | | |
| Ordinary Fresh | 9·2 | 1·3 | 52·6 |
| ,, Toast | 11·5 | 1·6 | 61·2 |
| **Heudebert Starch Reduced** | **52·9** | **0·6** | **34·9** |
| ,, **Gluten Biscottes** | **18·43** | **3·56** | **69·57** |
| ,, **Gluten Longuets** | **15·72** | **6·32** | **68·33** |
| ,, **Biscottes** | **13·33** | **4·75** | **74·06** |
| ,, **Gressins** | **12·52** | **6·31** | **73·45** |
| ,, **Gressinettes** | **11·97** | **6·93** | **73·23** |
| ,, **Longuets** | **17·93** | **5·43** | **72·47** |
| ,, **Wholemeal Rusks** | **13·17** | **7·00** | **70.95** |

When making a comparison between ordinary baker's bread and Heudebert's special bread, due allowance must be made for the moisture content of both. For example, the 52·6% Carbohydrate content of fresh bread becomes 83·9%, when allowance is made for the moisture content, whereas the 34·9% Carbohydrate content of Starch Reduced Slices becomes only 38·23%.

| ARTICLE | PERCENTAGE CONTENT | | |
|---|---|---|---|
| | PROTEINS | FATS | CARBO-HYDRATES |
| **BREAKFAST CEREALS** | | | |
| Quaker Oats .. .. .. | 16·6 | 6·00 | 63·3 |
| Porridge Oats .. .. .. | 13·2 | 9·60 | 64·9 |
| **CHEESE** | | | |
| Cheddar .. .. .. | 30·0 | 30·3 | — |
| Gorgonzola .. .. .. | 25·2 | 34·7 | 1·6 |
| Gruyere .. .. .. | 30·8 | 29·3 | — |
| Stilton .. .. .. .. | 23·2 | 39·0 | — |
| **VEGETABLES** | | | |
| French Beans (Cooked) .. | 0·8 | 1·10 | 1·9 |
| Beetroot .. .. .. | 1·6 | 0·10 | 8·8 |
| Brussels Sprouts .. .. | 4·4 | 0·50 | 7·6 |
| Cabbage .. .. .. | 1·6 | 0·30 | 4·5 |
| Carrots .. .. .. .. | 1·1 | 0·40 | 8·2 |
| Celery .. .. .. .. | 1·3 | 0·20 | 3·0 |
| Cucumbers .. .. .. | 0·8 | 0·20 | 2·3 |
| Lettuce .. .. .. | 1·2 | 0·30 | 2·2 |
| Onions (Cooked) .. .. | 1·2 | 1·80 | 4·9 |
| Peas (Green) .. .. .. | 6·7 | 3·40 | 14·6 |
| Potatoes (Boiled) .. .. | 2·5 | 0·10 | 20·3 |
| ,, (Chipped) .. .. | 6·8 | 39·80 | 46·7 |
| Tomatoes .. .. .. | 0·9 | 0·40 | 3·3 |
| Spinach .. .. .. | 2·1 | 4·10 | 2·6 |
| **FRUIT** | | | |
| Apples .. .. .. .. | 0·3 | 0·40 | 13·9 |
| Apricots .. .. .. | 1·0 | 0·10 | 12·3 |
| Bananas .. .. .. | 1·3 | 0·60 | 21·0 |
| Cherries.. .. .. .. | 1·0 | 0·80 | 16·5 |
| Grapes .. .. .. .. | 1·3 | 1·60 | 14·9 |
| Oranges.. .. .. .. | 0·9 | 0·20 | 10·6 |
| Pears .. .. .. .. | 0·6 | 0·50 | 11·4 |
| Plums .. .. .. .. | 0·7 | 0·20 | 12·4 |
| Strawberries .. .. .. | 1·0 | 0·60 | 6·0 |


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